



Better Health Begins With You!

Caafimaad wanaagsan adiga ayuu kaa bilowdaa.

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Cun lix ilaa iyo kowiyo toban cunto ay ku yartahay baruurta iyocunto ka kooban sereal, bariis, ama baasto. Tusaale: Qamadi ku quraaco, saandwij ku qadee, bariis cadna ku cashee.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Maalinkasta waxaa cuntaa shan nooc oo khudrad ah oo kala duwan. Sidoo kale waxaa cabtaa liin xaali la miiray (orange juice) quraacda, qadadana waxaa cuntaa khudrad, cashadana waxaa cuntaa digirta cagaaran iyo bataati la kariyey iyo canab.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Cab ilaa sideed koob oo biyo nadiif ah.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Cun hilib baruur yar sida doorada iyo mallayga.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Waxaa cabtaa caanaha ay ku yartahay subagga.

6. **Limit your intake of sweets and alcoholic beverages.**

Yaree macmacaanka iyo cabitaanka khamriga.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jirkaagu wuxuu u baahanyahay dhaqdhaqaaq joogta ah sida socod, jimicsi, ciyaaro kala duwan.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Cuntada ku karso saliidda laga miiray miraha dhirta waayo waxaa ku yar baruurta.

Somali Language Version

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